SPARX™
INTERNATIONAL
Growth and Transition Strategists

Five Key Questions© that M**ilitary** supportive **organizations** and **leaders** must resolve:

1. *Where are we now?*
2. *Where do we want to be?*
3. *What do we need to do in order to make that happen?*
4. *What are the obstacles that could hold us back?*
5. *What will we do to overcome them?*

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Our small group, interactive, facilitated workshops provide the environment, dialogue and guidance to help attendees answer these questions.

Through a process of self-discovery and development of self-awareness, we help clients understand steps necessary to shift from one place to another; whether it be the actual work environment, physical location, or stage of development.

The ultimate objective of these workshops is to create awareness, strengthen emotional intelligence skills, build resiliency, develop an ongoing transition plan, and establish goals with action steps that will help to move attendees from where they are to where they want to go.

SPARX International has developed a workshop series consisting of 2-hr bi-weekly sessions, in person and/or virtual forums.

We customize the sessions to meet the needs of the group(s) we are working with.

The topics include, but are not limited to:

- ***The Process of Change – What Happens, Why it Happens and What to Expect***
- ***Culture Shift***
- ***Coping with Stress***
- ***Self-Awareness and Self-Management – the Cornerstones of Emotional Intelligence***
- ***Effective Interaction Techniques – Strategies to Improve Social Awareness and Relationship Management***
- ***Skill Transfer from One Culture to Another***

Contact us today to discuss your specific needs and to learn more.

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